

WOOPI News

Woolgoolga and the Northern Beaches

NOVEMBER 2019 issue #3



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Welcome to Woopi News

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We hope you enjoy our latest publication. Due to the popular demand of our hard copy editions we have doubled our print run this month. If you're still having difficulty in accessing a copy please let us know via woopinews@gmail.com or you can always head to our website www.woopinews.com.au and view current and past editions.

October saw lots of activity in Woopi with one of the highlights being the Eco Surf Fest. The day included a turtle release, a surf comp and a scavenger hunt plus lots of other eco style activities, teaching us about the environment and ways to care for it. This was put together by CHCC and an incredible amount of Woopi volunteers. We're hoping it will be the first of many. Robert Watkin was out there as usual taking photographs. You can see them on our website or click here if reading the digital version.



Woopi Gardens is another amazing community project that has been coming along in leaps and bounds. It is also a culmination of many volunteer hours, donations and sponsors. Apart from growing fresh fruit and vegetables, their dream is to have a safe, relaxing, sustainable community meeting place for all to use. Pictured below, you will see the start of the brand new roof which will provide shelter and shade. It will be fitted with a kitchen and necessary facilities plus a new composting toilet is being installed.



The committee and members are very proud of how far they have come. They're a hard working group of people who also put on a pretty awesome morning tea every Wednesday and Saturday under the lilly pillies.

#SENDIT SAM

Send it - I'd never heard the saying until now and it's mentioned twice in this magazine ... apparently it's a popular phrase from a viral video on social media. It's used humorously when performing audacious or dangerous stunts. Sam from Woolgoolga Service Centre is using it as his catch phrase hashtag during the World Rally Racing competition (See more on Page 6). So if you get a pic of him racing make sure you hashtag it.

Our front page pic of Jesse Bocking is to show you another side of Woolgoolga and the Northern Beaches. Woopi has always been known for it's beautiful coastline and laid back village vibe, but now it is also rapidly earning a reputation as an awesome destination to ride a mountain bike. Mountain Biking is the fastest growing recreational sport in the world and it is for a good reason. Not only is it a lot of fun but it keeps you fit, connects people with their natural environment, engages youth and is a sport the entire family can share together. It is also no secret that getting outside and breathing in the fresh air is a tonic for good mental health. The positive influences this has on a community are well documented with towns across Canada, New Zealand and Tasmania embracing the sport and seeing the benefits first hand.

Woolgoolga locals have some world class riding on their doorstep and the price of admission is free. Sure you need a bike and a helmet but other than that you can go out and explore till your hearts content and it costs you nothing. You do need to invest a bit of energy and some time but the returns are massive. Whether you are looking for a gentle cruise with the family or a white knuckle ride down a steep descent it is all on our doorstep.

Try a low tide cruise down Woopi main beach or a loop around the lake if you are new to riding off-road. Another option is to ride out to the waterfall and

back, which makes for an awesome round trip from beach to bush. If you are ready for something a little more challenging download the 'Trailforks' app which is free and shows where all the local trails are and rates them in difficulty. If you have no idea where to start drop into Woodsey's Wheels and they can point you in the right direction.



Lastly I would like to acknowledge the passing of two beautiful human beings. Sue-Anne Rendell and Guy Guthrie. Many of you would know Guy as one of Woolgoolga's favourite solicitors and in later years you would have seen Guy, with his companion Scruffy, around town in his wheelchair giving out cheeky comments.

Sue-Anne a much loved Emerald Beach local and St Francis Xavier School teacher who fought a long strong battle against cancer whilst remaining positive and giving to her family and friends. We will miss you both.

Lisa and Brad



PS. ... don't forget to tell them you saw it in Woopi News!

Cover pic: by Brendan Ray - Sky View
Photography

Disabled Surfers Association

After experiencing a motorbike accident in 1986, which left him with the loss of his knee cap, Gary Blaschke was feeling alone and missing his love of surfing. Luckily, he had a few mates join together to take him out for a surf to help him regain his confidence. The exhilaration of being back out on the surf made Gary realise how the benefits of salt water therapy could help so many in the same place as him. He decided he wanted to share this with anyone who may have suffered a set back to their ability.

From this vision, The Disabled Surfers Association of Australia was formed and some 30 plus years later, Woolgoolga Beach is a regular long time participant of the Mid North Coast branch.

Two events are held each year at our beautiful calm, perfect beginners beach, Woolgoolga Main. The next is scheduled for Saturday 23rd November 2019 then again on February 1st, 2020. There are also two events on at Jetty Beach in Coffs Harbour on the 26th of October (which has already been run) and on the 4th of January.

It originally started out as a

way for surfers to help other surfers, but quickly became all inclusive of all disabilities with all sorts of volunteers.

Each surfer has a team of people to help them get on their board, stay on their board and quite often stand up on their board. The team ranges from fully trained surf instructors to the everyday person, young or old, who just wants to help out. The reward of seeing such joy from people who would not usually get the chance to hit the surf is as fulfilling for you as it is for them. No experience is necessary as each group has several Team Leaders who guide the other volunteers.

More volunteers means more people have the chance to be in the water and the chance to experience that amazing feeling of catching a wave.

One of Woolgoolga's Team Leaders Brett Pilon, shares his experience

"Being involved as a volunteer at a Disabled Surfers event is one of the most rewarding experiences you can imagine. The payoff is the faces of the participants during and after a session in the waves. Each participant has varying



degrees of disability and as such each session brings its own little nuances. Sometimes it takes quite a bit of coaxing to get a participant into the water. Sometimes we don't get them in at all. Maybe they will just lie on a board on the sand. Hopefully, as time goes by, they will get the confidence to enter the water and ride a wave. Some stand, some lie down, others skylark, some are confined to specially designed beanbags that sit on the board to give the participant the support they need. Whatever the situation, the overwhelming reaction is one of pure joy from the Disabled Surfer and in turn this equates to pure joy from the volunteers.

We are always looking for new volunteers because the more volunteers we have the more waves are

ridden by the participants. Volunteers need absolutely no experience at all. They don't even need to be confident in the water. If you don't want to enter the water at all there are still plenty of jobs to do on the beach. So for anyone who has ever considered coming along – just do it. You won't regret it and you will be back time and again."

So if you want to make a difference, get that feel good feeling whilst helping others, then head on down to Woolgoolga Main Beach.

Registration from 8am. Surfing from 9am till 12noon, BBQ lunch and presentation to follow.

<http://disabledsurfers.org/nsw/mid-north-coast-branch/> or find them on facebook.

Thanks to Robert Watkin for the photographs.

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SPICY SPIN-OFFS FROM CURRYFEST

After a record attendance of over 16,000, the Woolgoolga & Northern Beaches Chamber of Commerce presented donations to the eight local community groups that volunteered to help run Curryfest this year. Chamber President Tony Ross presented funds worth a total of \$4,000 to eight local not-for-profit community groups. The funds will be used for various local community projects and activities.

"People often ask why they have to pay \$5 to get into Curryfest", chair of the volunteer organising committee Pamela Fayle said. "Well mostly it goes to pay the bills. A festival the size of Curryfest costs an enormous amount to put on with

thousands and thousands of dollars needed for insurance, traffic management, hiring toilets, waste bins, marquees, generators, chairs and tables. Of course we have to pay for advertising the event and pay entertainers, graphic designers, electricians, toilet cleaners and many others. Without the \$5 entrance fee, we couldn't do it. We have been able to keep it free for children so far, despite escalating costs", she added.

In 2019 Curryfest injected \$89,500 into the local Coffs Coast economy just to put the festival on and \$44,500 of that was spent with local Woolgoolga businesses supplying goods and services. Any profits go back into the local community including donations to volunteer groups and via the Chamber of Commerce investing in the Eat Street



event that follows Curryfest. Eat Street has entry by gold coin donation only, as a result of Curryfest paying some of the bills.

The pay off for the \$5, which is after all, only the cost of a cup of coffee these days, is the continuation of Curryfest and the more than 7,000 tourists it attracts. Surveys

show these visitors stay in the area an average of more than three days, spending in our local economy. Organisers are thrilled with the new addition of the Bollywood Express XPT from Central Station this year. This will help to put Woolgoolga on the map with Sydney-siders.



Woolgoolga and the Northern Beaches Chamber of Commerce wishes to thank the wonderful volunteers who assisted with this year's festival.

- Woolgoolga Red Cross
- Woolgoolga Art Group
- Woolgoolga Scouts
- Woolgoolga Athletic Club
- Corindi/Woolgoolga SES
- Rotary Club of Woolgoolga
- Woolgoolga Junior Surf Club
- Woolgoolga & District Garden Club

Lions still Roaring

The Lions Club of Woolgoolga has been busy this last month or so with lots of fundraising and donations including a substantial boost to the Guyra drought appeal, a community BBQ, the gifting of five electric lift and recline chairs to the Woolgoolga Aged Care Centre to name a few. They have also continued work at the Lions Centenary Park,

opposite Woolworths. Last year the club, in partnership with the Coffs Harbour City Council, upgraded the park with the installation of a new toilet block, picnic tables, benches and shelter. To continue this upgrade, they have now engaged council to supply and install new bollards to replace the old and deteriorating copper log fencing at a cost of \$16,000. An amazing contribution to our community.

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What's new in Woopi

There are lots of new businesses springing up and moving around in Woolgoolga and the Northern Beaches.

Corindi's No Mans Land Café has relocated, renamed and rebranded themselves as **The Black Apple** and are now situated at the Moonee Beach Shopping Centre. From all accounts the food and service is even better than before.

The Woolgoolga Industrial Takeaway in Featherstone Drive has new owners. Kim and Peter Blenkiron have moved here from Deniliquin and fit right into the Woopi vibe with their happy, friendly personalities. They have some pretty amazing lunch specials with Chicken Kiev, Quiches, Home Made Lasagna, Burgers, Wraps and the famous Cookie's Chicken. All come with lots of fresh salad and crispy chips. They're just up from Mitre 10.

The Furniture Station has had its first month or so of trading and has been embraced by Woopi as the new cool place to go for recycled quality furniture and pre-loved homewares. Business partners Carole and Sally both have a

passion for upcycling. Sally grew up in a Steptoe environment with a dad who also loved foraging for unique pieces for his own second hand store in the UK. The Furniture Station is a treasure trove of sofa beds, wardrobes, dining tables, chairs, bookcases, light fittings, bric a brac, pictures and all sorts of unique and interesting pieces. If you can't find what you want, Sally and Carole will try their hardest to find it. You will find them behind the United Service Station at 1868 Solitary Islands Way.

Feather and Nest Gift and Homewares has opened in Wharf Street or Lake Road as some like to call it, next door to Bluebottles. New business owner, Gayane has put together a lovely shop with an interesting collection of pottery (pictured), jewellery, furniture, accessories and gifts. It's definitely worth a visit.

Sprout and Grow, Woopi's latest crop swap style fruit and vegetable store. Justin from Thai Chi Yo orders in pallets of fresh vegetables every week for his Thai restaurant and is taking it one



step further by opening this to the community and offering the chance to sell, swap and buy fresh produce. If you have excess stock in your veggie patch, bring it down and you could swap it for something else or even just sell it to Justin to on sell it at minimal mark up. Sprout and Grow is in Market Street next door to Asian Outlet.

Kanaung Kitchenware & Giftware has been open for a while though many people are still unaware of this gem of a store. Located at Top Town, opposite Absolute Tattoo. You are more than welcome to go in and check it out. Htun Htun and Carolyn have an amazing range of good quality kitchenware and gifts. 4/58 River Street, Woolgoolga.

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Local Woolgoolga team to rally against world's best.

In a few short weeks, you'll likely see and hear some of the world's best rally cars and drivers coming right through Woolgoolga.

November 14-17, 2019 Kennards Rally Australia, final round of the World Rally Championship, also being the final round of the Australian Rally Championship on the Coffs Coast.

One of those teams is our own Sam from BP Woolgoolga Service Centre. Sam and his local team have been working late nights and weekends to build a 2004 Subaru rally car in their workshop.

"It's a big job", says Sam. "In total, we would estimate around 500 hours of work has been completed to get us to the starting line, all by our small local team. I'm so proud of what we've been able to achieve. We have done everything in house, from welding and cutting the bodyshell to painting the entire car inside and out and everything in between. It has been a great opportunity for our whole team to work on something a little different to the cars that we work on every day. The attention to detail is critical because there is little to no margin for error. For our apprentice Joe, this is the first time he has been involved in the competitive side of the rally, he has volunteered as an event official for the past two years."

Each car races along the closed roads on the Coffs Coast one at a time, against the clock. There is a two minute gap between cars and the total time to complete the course will decide the winners.

There are many classes in the rally, Sam and his team are competing in the Subaru RS Challenge in which all the cars are identical. This makes for a really close battle to take out the win.

Woopi News had some more questions for Sam.

What type of car are you racing in the Kennards Rally Australia?

We have a 2004 Subaru Impreza RS. The car is very close to a standard car except we have added a roll cage and racing seats and harnesses to keep us safe. Special rally tyres and shock absorbers to cope with the bumps and jumps on the dirt roads, and some



protection for the engine and body underneath have also been added.

Have you ever rallied before?

Yes, my parents used to rally an old Datsun when I was young, which meant I was always going to be involved in rallying. I have regularly been the co-driver or navigator with some very fast drivers over the past seven years and have had some great success.

I've only had the chance to drive on one occasion in Tasmania in a car very similar to what we will be racing, and I won my class by 38 seconds.

For some perspective, the opportunity to compete against the world's best drivers and teams in Kennards Rally Australia would be similar to us having a horse, which we feed, groom, train and ride from our backyard at home, then riding that same horse in the Melbourne Cup! It's an amazing opportunity, and it's in my new backyard.

Who is Involved in your team?

Our team is made up of my wife, Rayna and our daughters Mikayla and Makenzie, my co-driver Blair, who is a Kiwi that I used to work with from Sydney, my parents who will take the photos and keep the team fed over the weekend, also from Sydney, and our crew of team managers and mechanics; Rob, Glenn, Joe & Justin, who are great friends both new and old from Woolgoolga, Safety Beach, and Coramba. Without the help of these

guys, we wouldn't be able to get the car ready in time. They are amazing!

Do you have any sponsors and is there any prize money?

We have been fortunate enough to get some support from some of our local business partners who help out with some parts for the car or their time.

We have partnered with LV Automotive and their new range of Titan high performance LED light bars, like the one we have on the front of our car already.

Probably our biggest sponsor is ourselves. With so much time going into the build and preparation of the car to start the event, it wouldn't be possible without the support of my wife Rayna and our girls.

We're definitely not going to get rich by rallying that's for sure. The accolades for winning are usually a nice engraved glass trophy.

Where can people see you in the rally?

Kennards Rally Australia starts with a bang on Thursday 14th November at the Jetty Foreshore - Coffs Harbour Jetty around 2pm, where all the cars, their drivers and co-drivers will be on display and ready to have a selfie or sign a poster. The teams will then head to the Destination NSW Super Special Stage right on the Jetty foreshore. Action will go right through until 7.30pm.

The Rally Service park is at C.ex Coffs Harbour International Stadium and is

the equivalent of racing's pits, it's a must-see. This is where the teams' mechanics perform miracles, 30 minutes at a time. There's also displays, International Food Festival, rally museum collections and video super screens to catch all the action. The best bit is that it's free to come and have a look.

The Rally stages have specific spectator points all across the Coffs Coast from Taylors Arm to Wedding Bells Forest. In Woolgoolga we are really lucky to have the rally teams come from Glenreagh across to Woolgoolga via Sherwood Forest Road, right down Woolgoolga Creek Road and turn right onto Solitary Islands Way to head back to Coffs Harbour on each loop on the Friday.

So you may even see the world's best rally cars while you're popping in to do your shopping at Woolworths.

Click onto <https://rallyaustralia.com.au/> to find out more about spectator tickets. If you'd like to be even more

involved, you can volunteer to be an official at Kennards Rally Australia. Drop by Woolgoolga Service Centre and we'll point you in the right direction.

We'd also like to involve all of the Woopi News readers to get behind us. If you capture some video or photographs of our team in the car, or our crew during the rally, be sure to post them to our Facebook and Instagram pages (BPwoolgoolgaservicecentre) with the hashtag #senditsam.

After the rally is complete, we will select the top three creative posts and those people will receive a free premium car wash by our team.

Well, best of luck Sam. Woopi will be cheering you on. Thanks for putting us on the world stage. #senditsam

#SENDIT SAM

Have you been to the new Sikh Heritage Museum yet?



It's well worth a visit.

The museum showcases the Sikh identity and religion, explores the complexities of Sikh spirituality and the dedication of Sikh people throughout history in both Australia and the World.

The exhibits contain information on the Sikh understanding of the origins of the universe, the lives and teachings of the Ten Gurus, the Sikh Empire, Sikhs in the World Wars, the Sikh ANZAC contribution, first migration of Sikhs to Australia and also the establishment of a Sikh Community in Woolgoolga.

Find it at the top of River Street, opposite the Guru Nanak Temple.

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The Woopi that Was

Each month Woopi News will share with you some stories about the Woolgoolga of old.

We would like to start with some memories from Don Clinch - OAM, long time resident of Emerald Beach.

Don is still the owner of Surfside Plaza and once owned the local chemist and then a real estate agency in Woolgoolga.

Don arrived in Woolgoolga in 1951, below is an excerpt from some memories Don has put together to share with us.

"At that time young people did not own or have access to motor vehicles and so as a young pharmacist I arrived in Coffs Harbour after a particularly grimy overnight train trip, I waited until 11am to catch an old brown Ryan Brothers Reo bus to Woolgoolga ... a town of 928 people.

The road to Woolgoolga was gravel surfaced, badly and deeply corrugated. It wound round the contours of Kororo to make a tortuous trip. The bus driver delivered bread and mail to every box on the side of the road ... all the way.

In Woolgoolga there were a few houses on the side of the road, no subdivisions at all. Most of the homes were on the east side of the Pacific Highway and the impression was that if you lived on the west side, you lived 'up the bush'. There was a sawmill, Allen Taylor and Co. on the side of Creek Road inside the town boundaries and another in Dalgety Street. There was one home at Sandy Beach, two at Emerald Beach, quite a few at Corindi Beach (mostly weekenders of people from Grafton), some at Arrawarra, one at Mullaway, and none at Safety Beach. Red Rock had some weekenders too.

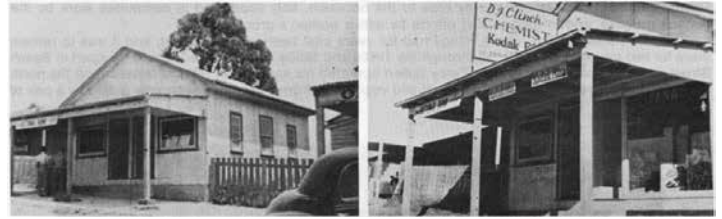


Photo of Don's Pharmacy on River Street, 1952.
Courtesy of woolgoolgaheritagewalk.org

The bus pulled up at Avery's Café located above the current tavern, a building with veranda posts, no hitching rings, but enhanced with an enormous sitting bench for the full length of the frontage ... a place for people to sit, talk and wait for buses, a place to rest when late night shopping.

Bill Avery made the best milkshakes on the coast because he had learned to keep raw milk under refrigeration for five days before using it. Tourist buses called in for his milkshakes!

The late Joan Prior's mother, 'Ma' Ratcliffe cooked the meals for the café and made the best gramma pies you ever tasted, in a fuel stove.

A member of another pioneer family, Oscar Featherstone, ran the town's butcher shop, killing his own meat at a slaughterhouse in Holloways Road, bringing in the carcasses on the back of an old utility truck with the tray lined with galvanised flat iron and with little covering.

Charlie MacPherson ran the town's barber shop over the road. It was a place where you went for a haircut and shave with a cutthroat razor skillfully stropped with a flamboyant action only reserved for expert barbers of the day. You got a haircut, the latest gossip, the newest story in town, and to top it off you could have a game of billiards in the back room.

Billy Richards had the 1950's supermarket ... the 'Dinky Di Stores' ... the general store with groceries, haberdashery and - well - you name it!

There was even a library in the back part! It had a big awning which served as a bulk storage area. Mostly it might have one or two tons of cement, a ton or so of flour and 20 to 50 bags of sugar. There were two green tables for use by



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Woopi News

the CWA or other town organisations for street stalls.

When not in use the town identities sat on top of them, leaned against the wall, stretched their legs and told stories. Billy had faith in humanity. He gave no thought to theft, there was no security, and mostly the goods remained there not stolen.

There was the picture theatre which had originally been a town dance hall. A pioneer bullock driver, Jock Blackadder, now deceased, told me that "somebody threw a dorg in through the window one night ... in the middle of a waltz ... and that caused a bit of a stir.

And then the most important building in town ... the Seaview Hotel, but you will have to wait for the next edition for my memories of this."

We will share more of Don's story next edition.

The Future of Woolgoolga Information Sessions

There are two community meetings planned for Woolgoolga this month.

Coffs Harbour City Council has been collaborating with community groups, Woolgoolga and Northern Beaches Chamber of Commerce and the Northern Beaches Residents Association.

The first information night will be held on Monday 4th November at Woolgoolga RSL (Diggers, the one with the Helicopter in case you get mixed up) from 6pm.

The topics discussed will cover: The Woolgoolga Town Master Plan, The Beach Reserve, The Whale Trail, Swimming Pool and Site, Parking, Flood Strategy and Highway Town Signs. Tickets are free and essential please go to <https://www.eventbrite.com.au/e/woolgoolgainformation-night-with-coffs-harbour-city-council-tickets-75493060777> (if you are reading the online version of Woopi News you can just click on the link).

The second is a morning session where Council staff will be on hand to discuss the proposed Multi Purpose Centre for West Woolgoolga, Friday November 29, 7.30am at Bluebottles. Again we ask that you book so seating is available 0439 435 040. You can have breakfast or coffee while you hear what steps have currently been taken and what works are proposed in 2020 to progress development of the Multi Purpose Centre.

If you would like more information please email woopinews@gmail.com and we will steer you in the right direction.



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Don't forget to tell them you saw it in **WOOPINews** 

Have you heard of Yep!!?

YEP is a Youth Entrepreneur Program created by Woopi local Cherie Topfer and her business partner Crystal McGregor. These two ladies are passionate about helping young people to have the confidence to become whatever they want to be. Cherie and Crystal have a wealth of knowledge and experience in youth, community, careers and training.

YEP11 is an amazing program that gives young people the opportunity to turn their passion into a business. It is designed to help them to develop confidence, resilience and an entrepreneurial mindset via an 11 module idea incubator, whilst being mentored by local business people. At the end of the two weeks the young entrepreneurs then showcase their idea in the YEP Pitch-It event.

The next YEP11 Program will commence in Woolgoolga on Monday 11th November 2019. It runs Monday to Thursday from 9am to 3pm for two weeks.

There are places for up to 20 participants and is fully funded for successful applicants. To see if you meet the eligibility criteria, please go to www.yep.careers.com For more info you can also speak with Cherie on 0404 041 775. Hurry ... say YEP to YEP asap so you don't miss out.

NSW SES needs you

When there's an emergency like a storm or a flood, one of the first groups to react and selflessly head out in the rain, the wind or the heat to help others is the NSW SES. They are all volunteers and bravely leave their own homes and families to be out there to help us when we need it.

NSW SES volunteers come from all walks of life, bringing with them many different skills, interests and backgrounds. They are united by the purpose of supporting their communities in times of need.

Our local Corindi & Woolgoolga Unit is recruiting new volunteers.

This is your opportunity to build new skills, help your community and be part

of a state wide emergency service.

How good would that be?

For more information please go to www.ses.nsw.gov.au/volunteer or call them on 0428 297 769.

Australia Day Awards

Woolgoolga and the Northern Beaches is full of ordinary people who do extraordinary things – and now is the time to give them the recognition they deserve by nominating them for an Australia Day 2020 Award.

Nominations are being welcomed for: Citizen of the Year, Young Achiever of the Year, Sports person of the Year and Event of the Year.

Nominations close on Friday 29 November 2019 and will only be accepted online. See www.coffsharbour.nsw.gov.au For any enquiries please phone Customer Service on 6648 4000.

Fun Fact: The postcode of 2456 (Woopi) has a population of 14,749. With the average age being 44 - ABS Census 2016.

NEW

Gifts & Homewares Store



NOW OPEN

Next to *Bluebottles* at Woolgoolga

What's on in Woopi

Fri 1: Fluro Friday
Woolgoolga Main Beach.
Wear your brightest colours,
support mental health
6.30am

Fri 1: Freaky Halloween
Party. Sam's Place 7pm

Fri 1: Witches and Wizards!
Magical activities with
the Moonee Mad Hatters
including: Quidditch,
Broomstick Limbo, Lessons
in General Witch and Wizard
Craft, Moonee Beach Tavern
5.30pm

Fri 1: Matty Devitt Band live
Seaview Tavern 8pm

Fri 1: Jesse Morris Live at
Anchor Kitchen & Bar 8pm

Sat 2: Rotary Auction

Sat 2: Bollywood Markets

Sat 2: Leeroy and the rats
live. Seaview Tavern 8pm

Sat 2: Conspiracy. Live. Free.
5.30pm C.ex Woolgoolga

Sat 2: Halloween at
Moonee! The BEST haunted
house on the coast plus:
Ghoulish face painting,
Halloween games, slime,
prizes for best dressed.
The Moonee Mad Hatters
Fundraiser for the Northern
Storm Football Club. 5.30pm

Sat 2: Jacob Murray Live at
Anchor Kitchen & Bar 8pm



Sun 3: The C.ex Coffs
Classic Car Club Classic
Car Display - C.ex
Woolgoolga Bowling Club
Ganderton Street carpark
on 10am-2pm. <https://www.cexcoffsstccarclub.info/>
Don't miss out.

Sun 3: Blues and Berries
Festival. A day of all things
Blues - music and berries

by the beach. Pie Eating
competition, farm tours to
Costa Berries Farm and
loads of food and market
stalls. An awesome lineup
with the Adam Eckersley
Band, Simon Kinney Lewis,
Hussy Hicks, Michael
Bryers and more. Bring your
chair, picnic blanket and
sunscreen for an awesome
outdoor family friendly
event. Kick off from 9am



Sun 3: Costa Berries Farm
Tours. Free tours leaving
from Blues and Berries
Festival. Bookings via
Eventbrite are essential and
will not be taken on the day.
(if reading the digital version
of Woopi News please click
here for ticket link.)

Sun 3: Corindi Rural Fire
Brigade Fundraiser for
Drought Relief. Hot rods
and classic cars. Lions BBQ,
cake stall, craft club stall,
car boot sales as well as an
opportunity for the young
and young at heart to check
out the fire trucks. Corindi
Rural Fire Shed from 9am

Sun 3: Mighty Ocean
Sunday Session at Anchor
Kitchen & Bar 3pm

Mon 4: NBRA, WNBCoC
and CHCC Information
Night. Woolgoolga RSL
6pm. Please book www.eventbrite.com.au/e/woolgoolgainformation-night-with-coffs-harbour-city-council-tickets-75493060777

Tue 5: Melbourne Cup
Marquee at The Amble.
Fashion Parades. Fashions
in the Field, Kids Activities,
Special Melbourne Cup
Menu, Sweeps, TAB Help

Desk, Live Music from
popular duo Who's Charlie.
Call now - Bookings
essential - 6649 2622

Tue 5: Melbourne Cup
Lunch - Seaview Tavern
\$30 seafood platter, \$1.50
oysters (min of six), black
board specials, lucky door
prizes, a complimentary
glass of champagne with
every main meal purchased.
Fashions on the Field from
1pm. There will also be
\$2 and \$5 sweeps! Book
your table now to avoid
disappointment by calling
6654 1206



Tue 5: Melbourne Cup
Charity Luncheon and
Fashion Parade Fundraiser.
C.ex Woolgoolga, brought
to you by the Lions Club of
Woolgoolga. Tickets are \$35
including a two course meal
and entertainment. Tickets
can be purchased at C.ex
Woolgoolga reception or via
www.cex.com.au What's on
tab

Tue 5: Melbourne Cup -
Sweeps, Tipsters on hand to
help place bets, members
specials. Bar and tab from
7am Moonee Beach Tavern.

Fri 8: Fluro Friday
Woolgoolga Main Beach.
Wear your brightest colours,
support mental health
6.30am

Fri 8 till Sun 10: R U OK?
weekend camp. Whether
you have an illness or
not, it will be a weekend
of 4WDing, camping,
good laughs and meeting
new people. \$50 per car,

proceeds to R U OK? in
Woolgoolga. Organised by
Woolgoolga Off Road - info
on facebook

Fri 8: Jacob Murray Music -
Sam's Place 6pm

Fri 8: Harry Nichols and
Friendzone live and loud!
Seaview Tavern 8pm

Fri 8: Peter L Barry Live at
Anchor Kitchen & Bar 8pm

Fri 8: Botanica: an Evening
in the Gardens. An
evening of fashion, cuisine,
performance, music, silent
auctions & more. Fundraiser
for Heart & Soul Foundation.
Coffs Harbour Botanic
Gardens 5pm-10pm

Sat 9: Just Dance Dance
Off! Moonee Beach Tavern
5.30pm

Sat 9: Markets, Woolgoolga
Marine Rescue Beach
Markets

Sat 9: Who's Charlie live!
Seaview Tavern 8pm

Sat 9: Yhan Leal Live at
Anchor Kitchen & Bar 8pm



Sun 10: Woolgoolga District
Orchid Society's FREE
Orchid Workshop. Bring
along two of your best
flowering orchid plants
to be judged by popular
vote. Win one of many
numerous prizes on offer
during the day. Five guest
speakers, Question and
Answer segment. If you
are experiencing problems
growing a particular
orchid, bring it along for
an opportunity to ask the
experts on stage for advice
on you how to overcome
your problem. Woolgoolga
Public School, Yeates Hall,

What's on in Woopi

1-11 Scarborough St, 9am-3.30pm
Neville Anderson
6654 9081

Sun 10: Amy Gravino Sunday Sessions at Anchor Kitchen & Bar 3pm

Wed 13: Seminar: Why Diets Don't Work & What To Do Instead 5.45-7.30pm
Korora Shala 0476 376 168

FLURO FRIDAY Woopi

Fri 15: Fluro Friday Woolgoolga Main Beach. Wear your brightest colours, support mental health 6.30am

Fri 15: Music with Peter Barry, folk, blues, rock and pop rock. Sam's Place 6 pm

Fri 15: Pink Zinc band live! Seaview Tavern 8pm

Fri 15: Mighty Ocean Live at Anchor Kitchen & Bar 8pm

Sat 16: Seminar: Why Diets Don't Work & What To Do Instead 11am-1pm
Sapphire Beach Physio

Sat 16: Bronte Wake. Live. Free. 5.30pm C.ex Woolgoolga

Sat 16: Steve Bennett live Seaview Tavern 8pm

Sat 16: Peter L Barry Live at Anchor Kitchen & Bar 8pm

Sun 17: Kailey Pallas Sunday Sessions. Anchor Kitchen & Bar 3pm



Tue 19: I Feel Good. Plant based talk and cooking class with Chef Adam Guthrie. \$22 Ground Earth 6pm

Wed 20: 27, DEC 4. Thriving Mind, Thriving Body, Thriving Spirit: 3-Part Workshop Series 5.45-7.30 at Korora Shala 0476 376 168

Fri 22: Fluro Friday Woolgoolga Main Beach. Wear your brightest colours, support mental health 6.30am

Fri 22: Buy and Sell Market Day. Book a table to sell your wares or come and buy, enjoy a morning tea. Woolgoolga Senior's Centre 9.30am. More information 66547311 or 0434 644 127.

Fri 22: Aftershock of Australian Rock live! Seaview Tavern 8pm

Fri 22: Jacob Murray Live at Anchor Kitchen & Bar 8pm

Sat 23: Bollywood Markets

Sat 23: RnB Night with the Funk Thieves and DJ Richard Gear! Seaview Tavern 8pm

Sat 23: Asian Fusion Pop Up Restaurant. Moonee Beach Tavern 5.30pm

Sat 23: Dan Hopkins Live at Anchor Kitchen & Bar 8pm

Sat 23: Melinda Schneider's A Farewell to Doris Tribute. C.ex Woolgoolga 8pm

Sun 24: Helping Hand for the Farmers. High Tea to support our farmers suffering drought and fire. \$25 Woolgoolga Diggers 11am

Sun 24: Jesse Morris Sunday Sessions at Anchor Kitchen & Bar 3pm

Fri 29: Fluro Friday Woolgoolga Main Beach. Wear your brightest colours, support mental health 6.30am



Fri 29: WNBCoC Information Session Council presentation on the proposed Multi Purpose Centre at West Woolgoolga. Bluebottles 7.30am Bookings Essential

Fri 29: Jiggy Wiggy Friday Live music Sam's Place 6pm

Fri 29: Yhan Leal Live at Anchor Kitchen & Bar 8pm

Fri 29: Mason Rack band live! Seaview Tavern 8pm

Sat 30: Mad Hatters Art Club - Get creative with a large 5m x 2m canvas! Create a Monet, Da Vinci or a Pollock! Whatever your artistic skill level, join in to create a collective piece of art. Moonee Beach Tavern 5.30pm

Sat 30: Jacob Murray Live at Anchor Kitchen & Bar 8pm

Sat 30: Benny Black live! Seaview Tavern 8pm

Sat 30: Opal Ocean. Live



Opening the borders of genre, acoustic guitar duo Opal Ocean fuses together Rock and Flamenco techniques to create their own epic wall of sound. Forming in late 2013, New Caledonian Alex Champ and New Zealander Nadav Tabak decided to take their music to the streets busking, using it as a platform for composing their original instrumental pieces. Based in the heart of Melbourne, the electro-acoustic duo have seen their works blossom, enjoying great success, selling over 15,000 physical CDs independently with their single 'J.A.M!' going viral with over 30+ million hits on social media. C.ex Woolgoolga 7.30pm

SAVE THE DATE

Friday Dec 20
Carols By The Sea
Woolgoolga Reserve



To be included in next months What's on Guide please email your event to woopinews@gmail.com before November 15.





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Humans of the Northern Beaches

"It's Wicked!"

These two words sum up my latest Humans of the Northern Beaches interview. The Woolgoolga skate park is more than just a skate park. To the young men in this picture it's 'their house' and they love it!

Many of us drive past it daily and whilst we know that it's there we don't actually, pardon the pun, know what's 'wheelie there'.

I have never interviewed nine people at once, so my anxiety levels were on the rise. I just had to 'send it', a term used in today's youth culture which means to just do it!

I am fortunate enough to be friends with all of the local boys in this picture and it is always a treat catching up with each one of them, hearing their latest goings on and to share some time. As



a guest in the boys' house, my manners and respect for them had to be on point! I started by asking the boys how much they loved the skate park? "It's awesome" "it's wicked" were the cries. Mindful I was cutting into their skate time I cut

straight to the point and asked how much they loved Woolgoolga? The noise was deafening. I had nine young men screaming at the top of their lungs "we love it!"

It was clear this small town means the world to them.

When asked what makes Woolgoolga the best? "The beaches", "the skate park", "our friends" the nine screamed. What school do you go to? "Woopi Public" was a very loud reply and do we love our mates? "Yessss!" This was the loudest interview ever and if I was to ask each boy separately this interview would need two pages.

I was with a small but very strong local group of friends that skate together, ride together, scoot together, go to school together and hang out together. The Woolgoolga skate park is the boys' outlet. It's more than just concrete ramps, hips and steel coping, it's not just a skate park it's the place in the community they can call theirs. It's their home. It's, as they are proud to say, "it's our house!"

I watched the boys perform some tricks and it was a chance for them to show their stuff 'tail whips', 'feballs', 'grinds', 'nose wheelies', 'ollies'

and 'kick flips' are just some of the tricks the young lads performed and it brought back memories of my past. It reminded me that although we have our gadgets, our TVs and smart phones and worry our kids don't get out enough, that Woolgoolga has a youth that does get out, that is not worried about social media. They are right here in our main street for all to see ... at the Skate Park.

I could have easily gone home, grabbed the esky and parked myself on one of the chairs that border the park and enjoyed an afternoon bevy watching the boys be boys. I felt honoured to be a guest in the boy's 'house'.

I had to calm the boys and prepare myself for my last but most important question.

"Hey boy's is it Woopi or Woolgoolga?" "Wooppiiii" was screamed by, from left, Patrick Harbour, Bailey Redwood, Tate Crook, Xavier Nicholls, Cash Howarth, Amitoj Lalli, Tanvir Sohta, Riley Kendall, Jarrah Kendall who are Humans of the Northern Beaches and I can't wait to speak to more.

Garreth Nicholls

Fresh Fruit and Veg in Woopi

LIVE WELL EAT WELL STAY WELL



Woopi Fresh is the small fruit and veg store that is here to support locals. We are located at the start of River Street, just near the hairdressers. Come in and check out our great range of fresh fruit and veg.

Woopi Fresh Fruit and Veg

4/66 River St Woolgoolga Phone 0417 144 710

Mind your mind

How did you go with your sloth strategy?

What did you notice when you slowed down an ordinary everyday task and paid sharp attention to what you were actually doing?

Mindfulness is useful as it brings us in touch with reality, the reality that life is a series of single moments. The fact is, we can not control the past or the future but we can choose how we respond in this very moment.

Mindfulness is about developing 'compassionate awareness'. This means attempting to experience each moment non-judgementally. It is very hard to do! But with practice you will start to feel the benefits.

Here is another little strategy to bring your attention to the present moment that can be

useful in times of emotional agitation or stress. Perhaps you are becoming agitated with a child or your partner, to help bring you into compassionate awareness, drop your attention down into your feet and notice your feet on the earth. Just simply feel your feet.

This simple re-direction of your attention from your emotionally-charged thoughts and behaviours and into the real experience of your feet can help to diffuse the situation and give you a chance to calm down ... and no-one has to know you are concentrating on your feet!

*Author: Local, Anna Miley
Exercise Physiologist
Certified Yoga Teacher*

Disclaimer: Mindfulness techniques are useful in supporting wellbeing. Nothing in this article should be considered medical advice.

What if vibrant health was simple?

It is after all your natural state and your birth right. What if it doesn't require restrictive 'diets', miracle supplements and brutal exercise routines?

What if all you need to do is reconnect with your authentic self, with the natural rhythms of the earth and bask in the sunshine, clean air, water and abundant natural food that is already served up on Mother Nature's table?

You just have to give yourself permission!

Self care is a return to a truly nourishing 'way of being'. A way of being that honours our biological design and what it truly means to be human.

A way of being that nourishes body, mind and spirit.

A way of being that transcends the low level thinking that resorts to fad diets and magical pill solutions.

Self care and self education is the greatest gift you can give yourself and those you love.

If self care is a journey you feel called to embark on, join us for our upcoming community seminar or our three part workshop series held right here on the Coffs Coast. Head to thrivingselfcare.com for event details.

*Author: Local, Johnny Foreman
Speaker, Naturopath, Herbalist, Exercise Scientist,
Optimist, Difference Maker*

coffscoast sports physiotherapy

Quality care
for your
injury

- Sports Injuries, Orthopaedic/Joint Rehab
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- Hip, knee and ankle injuries
- Shoulder, elbow and hand rehab
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- Physical capacity assessments
- Hydrotherapy, dry needling
- Radial Shockwave Therapy: Treatment for tendinosis/calcific, plantar fasciitis, myofascial release
- Exercise Physiology: Strengthening, Health & Disease Management
- Pilates: Gym, individual and classes
- Remedial massage
- Acupuncture / TCM
- NDIS provider
- Motor vehicle injuries, DVA, EPC
- EXOS bracing, taping and bracing
- Fibreglass plastering and removal
- Physio product sales
- Braces, crutches, moon boot hire

Woolgoolga 6654 2477
3 Fawcett Street

Coffs Harbour 6651 9622
78 Albany Street

www.ccsp.net.au

Wondering about the NBN?



There has been much speculation over the arrival of NBN in Woolgoolga and if it has been a successful operation or just another initiative that has fallen way short of its promise to internet users. I have heard both positive and negative feedback in the area - however, in most cases it seems the NBN has had a negative effect on our community when addressing customer expectation.

Although I am an advocate and supplier of NBN (from an end user perspective) I am going to attempt to shed some light on perhaps why you aren't receiving the best quality of service with your connection, and hopefully provide some information in an attempt to improve your experience in this article.

So, what are the main concerns experienced in our area when talking about NBN?

Speed expectations falling way short

Unfortunately several people I have spoken with have complained that their new NBN connection has not improved their internet speed or in some cases, has made it worse. There

are several reasons this could be the case for some users, but the most common one is not knowing what speed tier your supplier has placed you on. Most ISP's (Internet service providers) are now offering a maximum speed tier of 50/20 (50 Mbps download/20 Mbps upload) which is not the maximum speed tier that can be obtained in our area (100/40) but the problem is, some of these ISP's are trying to supply data to a large quantity of users in the area and the bandwidth provided is not enough to achieve high speeds for each end user. As ISP's cannot guarantee speed attainments, at risk of customer dissatisfaction they are not allowed to openly advertise the speed tier when signing consumers to a plan - this makes it difficult to know what speed tier you are paying for/ receiving. My advice would be to contact your ISP and ask what speed tier you have been placed on and if there is a higher class you can be placed on.

Dropouts/intermittent usage

Again, there are a number of factors that could be affecting your service in this way; however, the most common reason is the integrity of your copper infrastructure. Most of Woolgoolga will experience an NBN connection known as FTTN (Fibre to the Node) and pre-existing copper cable to connect to a cabinet, which is then connected to the fibre optic cable supplying you with the NBN connection. This copper infrastructure generally runs a few hundred metres to the cabinet situated in your area, and if the quality of this line is poor then there is

no hope of having a smooth NBN connection. In most cases I have experienced this infrastructure has been an underlying issue for ADSL for several years and has never been rectified, rather, the end user has learnt through years of conditioning that 'this is just normal ADSL behaviour' which is also false. A network is like a chain - it is only as strong as its weakest link, and because this fault is not visible, it can be difficult to troubleshoot and solve. My suggestion would be to contact your ISP and ask them to perform testing on the line to see if they can notice any low capacitance or faults on your line, and follow through with the troubleshooting steps until the problem becomes evident, and qualified techs can take appropriate measures to solve this issue.

WiFi issues

When talking about WiFi signal there are so many variables that come into play and can affect your signal strength and range dramatically. These variables can include; modem placement, WiFi dampeners (especially roof and wall sarking), how many devices are connected, type of modem being used, etc. It is difficult to troubleshoot without understanding all

variables and how they can affect your service, so if possible plug in a device to your modem and perform a speed test (www.speedtest.net) and after obtaining results from this speed test, perform the speed test from a device connected via WiFi and have a look at the difference. If it is dramatic, and you're situated within a close proximity of the modem, then more than likely it is the modem that is the issue. However, this is a very basic test and if the results aren't too different between the two connections then your back at square one. My advice is if you suspect there is an issue with your WiFi you can contact your ISP and tell them the issue and go through troubleshooting steps. Alternatively a local I.T. company should be able to troubleshoot and provide a solution for your situation.

I hope this article has provided some assistance if you are one of these users that have been less than impressed with your NBN connection. This information has been generated from experience within the Woolgoolga and Northern Beaches area alone, so it is specific to our local area.

Nick - Valaxus

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YOU'RE NOT ALONE, WE'RE A CLICK AWAY

7 Bosworth Rd, Woolgoolga 2456 NSW
1300 431 678

Our Woopi Community

Boomerang Bags, next meeting Nov 17, 1pm Community Centre

CWA Woolgoolga meet third Monday of month 10am, CWA Rooms 21 Beach Street. Carol 0402 249 371

Fluro Friday meet every Friday at 6.30am Woolgoolga Beach. Supporting Mental Health Wear your brightest clothes

Lions Club Woolgoolga, meet first Thursday of month, 6pm, Woolgoolga Bowling Club. President Jean Vickery says, "Our motto is, WE SERVE and that's exactly what our members do. Our major project, operating the Woolgoolga Waste Transfer Station under contract to CHCC every Saturday and Sunday from 8am to 4pm is operated by our members, along with community volunteers. Anyone interested in joining the Lions Club or volunteering at the Waste Transfer Station can email the club at woolgoolga@lionsdistrict201n1.org.au or text 0444 548 646

Paul Mannix JP for the services of the New South Wales Justices Association Inc (NSWJA) A free JP service every Friday between 9am - 10.30am at Woolgoolga Central outside the Bakery. Paul can also be contacted on 0418120066 for any urgent matters.

Red Cross, second Tuesday of month 1.30, CWA rooms 0409 600 056 Friendship afternoon tea last Friday of month, Senior Citizen Centre 2pm 0409 600 056

Rotary Club of Woolgoolga, meet second and fourth Mondays 6-8pm

Woolgoolga C.ex. 0429 449 385

Rotary auction first Saturday of month.

Seagulls Woolgoolga - Centre Based Respite Care - Community Centre, 8 Boundary Street, 6654 0766

Woolgoolga Community Centre (also known as Mud Brick Hall) 8 Boundary St.

Woolgoolga Community Health Centre Early Childhood Health Clinic. Infant health screening, feeding advice, parent & child groups, new mothers' groups, immunisation programs and referrals where appropriate. 6654 1111

Woolgoolga and District Retirement Village Auxiliary meets the second Monday of month 2pm For further information contact President Gail 6649 1816 or Beth 6649 2835

Woolgoolga Day VIEW Club. Meet 3rd Thursday of month 10.30am at the Digger's Club. \$5 for coffee and meeting/speaker/activity of the day. Stay on for lunch in the Bistro if desired. VIEW - Voices, Interests, Education of Women - supporting the Smith Family's Learning For Life Programme. Contact Barbara Letts 0458 420 780 woolgoolgaday@gmail.com

Woolgoolga and District Garden Club meets second Saturday of the month, 1.30 Senior Centre. 0419 414 324

Woolgoolga District Orchid Society, fourth Saturday of the month, 2pm Community Centre. 0447 323 761

Woolgoolga Evening View Club meet 2nd Wednesday of the month 6pm C.ex Club (Bowlo) in the

cinema room. Meeting followed by guest speaker and dinner contact Secretary Elfie Garbers 0427541032. woolgoolgaeveningviewclub@gmail.com Visitors always welcome

Woolgoolga Mental Health Carer Support Group meet fourth Thursday of the month 10am Neighbourhood Centre.

Woolgoolga Neighbourhood Centre, Cnr Beach and Boundary St 6654 1598

Woolgoolga Probus Club meet fourth Wednesday of month, Diggers

Woolgoolga Seniors' Centre - 6 Boundary Street. 6654 7311. Membership is \$10 per year. Come and have some fun and meet new friends. We have a range of activities/events including exercise classes, craft and knitting groups, computer classes, indoor lawn bowls, table tennis, bus trips (local and interstate), lunches, line dancing and Rummiking.

Woolgoolga Sewing and Textiles Art Group meets Tuesday mornings, Masonic Hall (next to Woolworths). Learn to sew, work on own projects. Machines equipment available. 9.30 to 12.30. Ph. 0498 109 108

Woopi Community Gardens - open Wed and Sat 8-12. Join them for a cuppa at 10am under the lilly pillies. woopigardens@gmail.com www.woopigardens.com.au 0421 225 369

Woopi Walkers meet in front of the Surf Club every Tuesday and Thursday at 8am then back To Taffy's for coffee.

For listings please email woopinews@gmail.com

Congratulations to the CWA's new office bearers for 2019-2020 (L to R): Diane Rawlins (Vice President), Shirley Booth (Cookery), Marge Hopwood (President), Carol McIntyre (Treasurer), Joyce Osborne (Patron), Kerrie Webby (Handicraft), Helen Deighton (International), Kaye Guinness (President of Bellingen CWA - Returning Officer) and Trish Stabback (Secretary).



Some happy recipients of the fancy new power lift, reclining chairs at the Woolgoolga Aged Care Centre recently donated by the hardworking members of the Lions Club of Woolgoolga.

Local Services


(You can advertise here for just \$50!)

ELECTRICAL



Lic. 287328C
Josh MacRae 0423 864 843

GARAGE DOORS



WOOLGOOLGA GARAGE DOOR CENTRE PTY LTD
ACN: 608 157 875
Colin Williams
Principal
Showroom & Office
33 Bosworth Road
Woolgoolga
NSW 2450
Phone: 6654 0921
Email: woolgoolga.garagedoorcentre@gmail.com
If I can't fix your door, you need a new one!

PLASTERING



Patrick Curtain
0404 276 918
pwcplastering@gmail.com
Laura Connell
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Alex Byrne 0421 517 216
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www.pepperprint.com.au

Tradie of the Month

Patrick Curtain Plastering

originally started in Esperance, WA in 2009. After travelling around Australia for a few years and picking up a Kiwi (Laura Connell) along the way we decided Woolgoolga was the ultimate place to settle down and start our family. We were blown away with having access to beaches, rivers, rainforest and the perfect climate topped off with a vibrant and friendly community. Since we are both from small towns we were drawn to Woopi as we missed the local feel that you can only get from a small town.

Laura was on the tools full time with me for four years and is now a stay at home Mum to our 18m old daughter Clancee and continues to do our bookwork.

We specialise in new homes but cover all aspects of the plastering trade. Serving the areas of Grafton to Scotts Head. We are a small family business and pride ourselves on quality not quantity.

If you need a plasterer don't be 'blind' just call 'Curtain'. Pat 0404 276 918

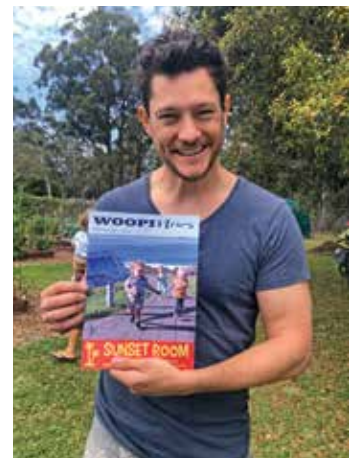


Woopi News

Everyone has been loving Woopi News. Even Rob Mills from Neighbours was keen to get a copy. He was a little star struck when he met one of the September front page models, Freddy Byrne. Freddy gave him some knuckles and moved on to signing more autographs.

Rob was driving through Coffs and had called in to see Annabelle and Ben at Hit 105.5, the conversation moved onto R U OK? where Rob mentioned he is an R U OK? Ambassador. They quickly suggested he should call into Woolgoolga as we are such an open and welcoming town to mental health and the R U OK? movement ... and he did!

He was given a tour of the Community Gardens, had his photo taken with the R U OK? letters outside Beach Street Family Medical, visited our headland for some whale watching then lunch at Ground Earth. Rob was blown away with the friendliness and positivity of the Woopi Community. He said he will be back ... not once did he say he was the Wolf in the Masked Singer!



DEADLINES: for Woopi News have changed a little. December Deadline will be November 15. January Deadline will December 10 (due to printers being closed over Christmas break).

A Major Achievement

Ten year old local Jake Major has been riding BMX since he was only four years old and has big dreams of being the best in NSW and Australia. Jake has represented NSW and has been a member of the Thrill BMX Australian team for the last couple of years with fantastic results.

For the past six months, Jake has been training with the Coffs Coast BMX Club and the Clarence Valley BMX Club three to four days per week in preparation for the NSW BMX State Championships, held in Maitland over the long weekend.

Saturday was the cruiser class where Jake was up against some strong competition and took out a NSW ranking of 4th in the state for the 8-10 year age class.

Sunday was the main event and everything the young local has been training for, but unfortunately, things didn't go to plan. After finishing his Motos in 2nd, 2nd and 1st, he went into his quarter final feeling strong and determined to produce some solid finals results.

Jake won the quarter final after fighting it out on the final corner and put himself in

a great position for the all important semi final.

However, an official called in an obstruction against Jake and he was relegated to last place which effectively finished his day. The result was gut wrenching after everything he had been working towards was taken away in a split second.

Now back home it's time for a short break from the training and racing before resetting and preparing for the Australian National titles in Launceston in March 2020 where he will ride to defend his current ranking of 8th in Australia on his cruiser.

5 minutes with Jake Major

Q: What do you like about BMX?

A: I like it because it's fun riding my bike and jumping. It also cool to hang with my mates at the track.

Q: Who is your favourite BMX rider?

A: Junior Elite Pro rider, Oliver Moran from Manning Valley

Q: What is your favourite BMX memory?

A: Finishing on the podium and being



selected as a BMX NSW Cracker Jack rider in 2017

Q: What do you want to achieve in BMX next year?

A: I want to better my NSW and Australia results from this year.

Thanks Jake, Woopi News wishes you luck.

Cricket

The Northern Districts Rebels Cricket Club has re-entered the local competition with a vengeance with all four grades being represented. Premier League, First, Second and Third Grade.

There are some really talented Juniors transitioning to Seniors this year as well as some player transfers from other clubs. This has allowed the club to enter these four teams.

"We are aiming to be competitive across all grades whilst looking to develop our game and players to secure a sustainable future for the club," said Premier League Captain Taj Dosanjh

The support from local businesses has been overwhelming giving the club a healthy financial situation.

The High Street fields will be in use nearly every weekend. The Rebels invite everyone

to feel free to pop your head in and show the teams some support.

Home Games

Nov 2: Premier League vs Valleys Cricket

Nov 9: Second Grade vs Coffs Colts Black

Nov 16: Premier League vs Sawtell

Nov 30: Second Grade vs Nana Glen White

Nov 30: Premier League vs Harwood Cricket Club



THE NATIONALS
for Regional Australia

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START DATE: 11th November 2019

DURATION: 2 weeks

WHEN: 9:00am - 3:00pm
Monday - Thursday

WHERE: 6 Degrees, 10 Queen Street,
Woolgoolga



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